WE CLAIM:

1. A fletching for an archery arrow shaft comprising:

a flexible vane having a generally tapered profile extending from a narrow end to a wide end; and

a kicker integrated with a perimeter of the wide end of the flexible vane, the kicker having a concave portion extending tangentially from the flexible vane.

2. The fletching of Claim 1 wherein the kicker is molded to the flexible vane.

3. The fletching of Claim 1 wherein the kicker comprises the same material as the flexible vane.

4. The fletching of Claim 1 wherein the kicker comprises a different material from the flexible vane.

5. The fletching of Claim 1 wherein the kicker is stiffer than the flexible vane.

6. The fletching of Claim 1 wherein the kicker is integrated to place the flexible vane under tension.

7. The fletching of Claim 1 wherein the flexible vane is concave.

8. The fletching of Claim 1 wherein the kicker is positioned flush with the perimeter of the flexible vane.

9. The fletching of Claim 1 further comprising:

a plurality of microgrooves extending longitudinally across at least one side of the flexible vane.

10. The fletching of Claim 1 wherein the flexible vane extends parallel with a longitudinal axis of the arrow shaft.

11. A fletching for an archery arrow shaft comprising:

a flexible vane extending longitudinally along the arrow shaft; and

a kicker molded into a perimeter of the flexible vane, the kicker formed along an arcuate path and including a concave portion extending away from the flexible vane.

12. The fletching of Claim 11 further comprising:

a plurality of microgrooves extending longitudinally across at least one side of the flexible vane.

13. The fletching of Claim 11 wherein the kicker is integrated to place the flexible vane under tension.

14. The fletching of Claim 11 wherein the flexible vane is concave.

15. The fletching of Claim 11 wherein the kicker is stiffer than the flexible vane.

16. The fletching of Claim 12 wherein the flexible vane extends parallel with a longitudinal axis of the arrow shaft.

17. A method of manufacturing a fletching for an archery arrow shaft comprising:

molding a flexible vane; and

co-molding a kicker into a perimeter of the flexible vane.

18. The method of Claim 17 further comprising:

creating tension in the flexible vane following integration of the kicker.

19. The method of Claim 17 further comprising:

co-molding the kicker from a stiffer material than the flexible vane.

20. The method of Claim 17 further comprising:

attaching the flexible vane to the arrow shaft parallel to a longitudinal axis of the arrow shaft.

21. An arrow vane for an archery arrow shaft, the arrow vane comprising:

a flexible vane having a first side and an opposite second side; and

a foot extending along a base of the flexible vane, the foot bowed along a lower edge so that when the foot is straightened, the first side of the flexible vane is concave.

22. The arrow vane of Claim 21 wherein the flexible vane comprises a generally tapered profile extending from a narrow end to a wide end.

23. The arrow vane of Claim 21 wherein the first side includes a surface roughness greater than the second side.

24. The arrow vane of Claim 21 wherein the first side includes a plurality of microgrooves extending longitudinally along the flexible vane.

25. A fletching for an archery arrow shaft comprising:

a flexible vane extending longitudinally along the arrow shaft, the flexible vane having a concave first side and an opposite, convex second side, the first side having a greater surface roughness than the second side.